

WALK MARYLAND DAY

4th Annual - October 10, 2018

Walk Maryland Day celebrates our official state exercise—walking! Walk Maryland Day is also a call to action to promote awareness about regular walking for physical activity and improved health, engaging Marylanders with fun walks of all size and shape on October 10*. More than 2,400 walkers and 100 schools participated last year. This year we're aiming for even greater participation by registering 100 Walking Leaders. Help us reach our goal!



**Become a
#walkMD
Walking
Leader*
...it's easy!**

Step 1: Become a Walking Leader by hosting a walk!

Step 2: Decide where you will walk, for example:

- Neighborhood
- Place of worship
- Walking trail
- Workplace
- School walk, etc

Step 3: Register your walk

Register your walk at <http://bit.ly/WalkMDWalkingLeader>

Note: Individual walkers do not need to register.

Schools register at walkbiketoschool.org

Step 4: Build Excitement and encourage others to walk with you!

[Download flyers, banners and the #WalkMD logo](#) to share on social media.

Round up your team and start walking!

For more information: phpa.health.maryland.gov/ccdpc/WalkMD/Pages/WalkMDAbout.aspx

*All Walk Maryland Walking Leaders who register their walk will be recognized with an official certificate of participation!



MARYLAND
Department of Health